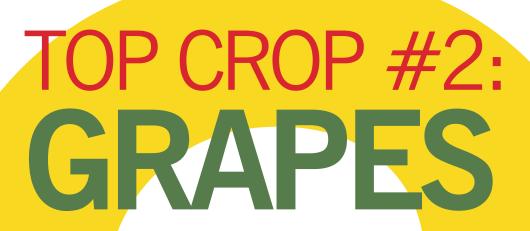
TOP CROP #1: MILK & CREAM



Got milk? California does. Our dairy cows produced more than \$3.8 billion in milk and cream in 2004. California dairies contributed 21% of the country's milk supply, making the Golden State the top dairy state in the nation. Same goes for ice cream, butter and Mozarella cheese, too!





Did you know that we Californians each eat an average of 7.7 pounds of grapes in a year? Grapes were a \$2.76 billion crop in California in 2004. The Napa Valley is famous for fine wines, but California is also a top producer of table, raisin and juice grapes.

TOP CROP #3: ALMONDS



California farmers grew an almond crop worth \$2.2 billion in 2004, making this our third most valuable food crop. The average American eats nearly a pound of almonds each year. Almonds are an excellent source of Vitamin E.

TOP CROP #4: B E E



California ranchers produced more than \$1.6 billion in cattle and calves in 2004. Beef is an excellent source of nutrients including protein, zinc, vitamin B12, selenium and phosphorus.

TOP CROP #5: LETTUCE



Along California's central coast is a region known as the "Salad Bowl of the World," and for good reason. The soil and conditions are just right for growing lettuce and a long list of vegetables. California farmers grew \$1.46 billion in lettuce in 2004.

TOP CROP #6: STRAWBERRIES



Strawberry growers in California harvested a \$1.2 billion crop in 2004, making this our sixth most valuable food crop. Strawberries are naturally high in fiber, vitamin C, folate, potassium and antioxidants.

TOP CROP #7: TOMATOES



Tomatoes were a \$1.09 billion crop in California in 2004, making them our seventh most valuable food crop. Botanically, tomatoes are considered a fruit because, generally, a fruit is the edible part of the plant that contains the seeds, while a vegetable is the edible stems, leaves, and roots of the plant.

TOP CROP #8: CHICKENS



California chicken ranches produced \$714 million in chickens in 2004, making them our state's eighth most valuable food commodity. The average American eats 20 chickens each year!

TOP CROP #9: BROCCOLI



California broccoli was a \$625 million crop in 2004. Monterey County is by far the leader in the state, boasting about half of the acreage and production. Broccoli is a member of the mustard family, closely related to cauliflower and cabbage.





California oranges were a \$563 million crop in 2004. Americans eat an average of 23.9 pounds of citrus each year. A carton of oranges weighs about 37.5 pounds, and California farmers grew 101 million cartons in 2004!

SUPER FOODS COME FROM CALIFORNIA!

The Golden State's Top Ten Food Commodities:

- 1. Milk & Cream
- 2. Grapes
- 3. Almonds
- 4. Beef
- 5. Lettuce
- 6. Strawberries
- 7. Tomatoes
- 8. Chickens
- 9. Broccoli
- 10. Oranges

